



ASPC FORUM ON ELITE SPORT

Sant Cugat - Barcelona
2017





Generalitat de Catalunya
Departament de la Presidència
Secretaria General de l'Esport
El secretari general

Mr. Dale Henwood
President
ASPC

Dear President,

As the General Secretary of Sports of the Catalan Government and President of the Board of Directors of the High Performance Centre in Sant Cugat (CAR Sant Cugat) I am most honoured to submit the Bid for the organisation of the X Forum on Elite Sport of the ASPC in 2017.

CAR Sant Cugat was created in 1987 for the preparation of the athletes of the Olympic Games in Barcelona 92. The whole team at CAR is devoted to provide excellence for high quality training and its human team is fully dedicated to sport performance and leading organization on the creation of integral athletes and persons for the next generations.

Furthermore, CAR has been involved from the very beginning with the ASPC, being one of the foundational members in Loughborough 2003 and attending all the events since its inception back in 1999 in Sydney.

This Bid brings us the opportunity to share with new countries and centres all over the world the spirit of our sport and culture in the emblematic city of Barcelona. Big events like the Mediterranean Games and the First ever World Roller Games will take place on the same proposed dates.

We are more than proud to invite international attendees to enjoy another big step of the Forum on Elite Sport with constructive and enriched discussions about best practice on training centres management, athletes and coaches services, under the consolidated lifestyle that CAR is promoting to our society and the world.

We are welcoming all the ASPC Family and will do our best to satisfy all your expectations with the excellence of our centre, the nice city of Barcelona and the beauty and diversity of Catalonia.

Ivan Tibau
General Secretary of Sports of the Catalan Government

Esplugues de Llobregat, 29th June 2015



INTRODUCTION

In the following pages, you will find why we believe Barcelona should be elected as the city to host the 10th Forum on Elite Sport.

The Olympic spirit that you breathe in Barcelona today has its origin in the celebration of the Olympic Games in 1992. Since then, Olympic spirit has been ever present in the city of Barcelona. This olympic legacy has changed the country profoundly for the better allowing Barcelona to become a world leader in many different fields such as competition, sport science, high performance centre, etc.

Being a part of the Olympic history has been spread all over our country since then and has sparked an appetite for competition.

Our bid slogan – high performance institutes as human capital factories – summarises our vision. It is short, but its meaning runs deep for those of us here at the Centre d'Alt Rendiment.

The opportunity to exchange experiences and friendship with other high performance centres will not only enrich our centre but centres all over the world. Above all it will continue to enrich the ASPC family.

The forum would be a unique chance to share where we are and where we are going. It will not only allow us to show how our athletes became important members of our society through their sports career, but also how they continue to give back to all of us using the values that they have learned as high performance athletes.

For the first time, we want to put the spotlight on the sporting lifestyle of our athletes. We want to highlight the role their sporting lifestyle plays in the development of a high performing athlete during their career but also well after their retirement.

The level of cohesiveness here at CAR stems from a deep emotional connection with our athletes. Everyone at CAR feels like a part of all our athletes' successes and thus we strive to do whatever possible to help our athletes be successful, both in life and in sports.



THE CITY

The city of Sant Cugat is a young and modern city which at the same time preserves its history and its traditional town spirit. Located only 20 kilometres north of Barcelona, under the mountain of Collserola has become an affluent suburb of Barcelona due to its location, its natural surroundings, its pedestrian shopping area and the direct connection by train directly into Barcelona city centre.

Since the 1992 Olympics, Barcelona has become a hotspot for sports. To this day, thousands of people flock to the city for various international competitions and many fully equipped sports facilities.

Barcelona has many historic and iconic sporting venues which are steeped in successful sporting history. These sporting venues reflect the passion the country has for sport. It is an experience to relive this world of thrills when you visit them.

Barcelona's placement on the shores of the Mediterranean make it one of the most beautiful cities in the world. A warm, pleasant climate makes Barcelona the perfect place to enjoy 5km of pristine beaches year round. As well as beautiful beaches, the Olympic Marina is ideally located close to the beach and is a perfect spot for lovers of water sports.

If our city is awarded the honour of hosting the 10th Forum on Elite Sport, it will bring together world-class innovation and world-renowned traditional values to stage an inspirational celebration, right in one of the world's most exciting cities. Sport and Olympism will be centre stage in a city with almost 3 million people who call this global hub of business, finance, culture, entertainment, communications and media home.





WHY CAR

WHY CAR

The High Performance Centre (HPC) (in Catalan, Centre d'alt Rendiment, CAR) is an organisation which supports athletes so that they can be competitive at an international level. The CAR brings together both technical and scientific resources in order to give our athletes the best and most efficient training. The aim is to provide the athletes with everything necessary for their complete training so that we can provide expert guidance as well as monitor their development.

The CAR considers the academic and humane training of each individual just as, or possibly even more, important than the sports training. With this as a priority, the CAR gives athletes all the necessary help needed for their educational development. The CAR athletes attend classes of “Batxillerato” and “ESO” (compulsory secondary education) in the secondary school which is situated in the sports facilities, with a highly qualified staff. The aim of this program is to give our athletes comprehensive training. We not only want to prepare our athletes for their sporting careers, but also their careers after sports.



The CAR sports centre covers an area of 148,000 m² with a wide range of venues where players can train. The facilities and infrastructure at CAR are of the highest scientific technical quality in general and especially for high-level sports performance, making it one of the most advanced sports facilities in the country. Our wide range of facilities include swimming pools, an athletic track, tennis courts, gymnasiums and many more, ensuring there is a space for every Olympic sport.

The incorporation of a new 25,000m² sports building in the CAR begins a new vision in the concept of a high performance centre. Athletes who practice sports like swimming, diving, artistic gymnastics, taekwondo, wrestling, judo, table tennis and weightlifting can now to practise their sport at highest level in a facility that allows them to maximize their potential.



CAR NUMBERS

21



olympic medals

15



paralympic medals

300



top-level athletes

9

M€
turnover

50

national coaches

80

staff

CAR STARS



Gervasio Deferr
Olympic medalist
- Gymnastics -



Mireia Belmonte
Olympic medalist
- Swimming -



Elena Congost
Paralympic medalist
- Athletics -



Joel González
Olympic champion
- Taekwondo -



Ona Carbonell
Olympic medalist
- Synchronised Swimming -



Sarai Gascón
Paralympic medalist
- Swimming -



SPORT SCIENCE SERVICES

Science

The collaboration of professionals in various scientific fields, at CAR, amongst themselves, and with athletes and trainers, provides cutting-edge research in many different scientific fields.

Sport Medicine

The sports physicians of the CAR of Sant Cugat attend to the injuries and illnesses of athletes daily. Apart from helping athletes to recover from injuries, the medical and physiotherapy services advise on the prevention of injuries and provide the athletes with lessons in health education.

Technology

In CAR of Sant Cugat we are committed to technical innovation. It is especially important to give coaches and scientists the most up to date tools in order to facilitate work evaluation and training control amongst their athletes. We aim to give coaches and scientists these necessary tools.

The new sport building is a step in the right direction towards the attainment of excellence. In this facility, the trainers' experience, scientific knowledge and the latest technology converge in order to help achieve success.

(maybe put elsewhere) We also consider it important to have an energetic, responsible and efficient management in tune with sporting spirit.



MORE THAN A HIGH PERFORMANCE SPORT CENTRE

Residence

The CAR residence is one of the main pieces of the centre. There are 325 available rooms where athletes can live comfortably. They are guided by a mentor who is able to assist them in both studies and personal enrichment while living together. Moreover, it's also a basic tool to house athletes coming from Spain and abroad for events such as training camps. The cafeteria on site provides food for our residents and caters to the specific dietary needs of high perform athletes.

High School

The high school achieves perfect harmony in combining sports training with secondary education, baccalaureate programs and professional sports training. For 25 years our commitment has been to create a comprehensive training program for our athletes making us the first high school with a comprehensive training program in a high performance centre. Our focus is on making well-rounded people, not just better athletes.

SAE

The Athlete's Care Service (SAE) was formed in 2004 and is a pioneer project in Spain. SAE provides athletes with personalized individual guidance, whether it be academic guidance, job counselling, or support after our athlete's retirement. We believe in the comprehensive training of the athlete which responds to the different needs he or she might have during their sports career and their development. We work together with our athletes, helping them both today and in the future. We try to take all the necessary actions in order to set up and guarantee our athletes' comprehensive training including looking after them during the transitional periods of their lives.





ABOUT OUR VISION

Through 27 years of working with elite athletes and their dual careers our Centre has become a pioneer in not only training an athlete for sports, but for life.

Athletes often face challenges to combine their sporting career with their academic or professional life. The aim to succeed at the highest level of a sport demands intensive training with a mix of competitions at home and abroad. Reconciling these obligations with the challenges and restrictions in the educational system and the labour market can be extremely difficult. High levels of motivation, commitment, resilience and responsibility are necessary from the athletes, but also special arrangements are needed to avoid situations where talented and elite athletes are forced to choose between education and sport or work and sport. Such “dual career” arrangements are beneficial for athletes’ sporting careers, but also their overall education. By making these arrangements we enable athletes to go to school or work, support the attainment of a new career after their sporting one comes to a close, and help them continue an education or job.

The High-Performance Centre of Sant Cugat in Spain has an Athlete Care Service Department (SAE) giving individual attention to athletes during the transitions they experience over the course of their lives; in particular at the end of secondary education, the end of university education, and upon their retirement from sport.

First work experiences are facilitated in local companies near the Centre. The public high school (IES CAR), which is located inside the training centre, offers lessons at adapted times for the training groups. A set of dual career supporting services, including medical, physiological, nutritional, psychological and career assistance (e.g. career counselling and planning), are available for student-athletes.

The lifestyle of the athletes combined with the way they develop their dual career are the two main factors to success during and after our athletes sports career. They better themselves as an athlete and a person allowing them to become a valuable piece of human capital for society.

INSTITUTIONAL SUPPORT

The president of the Generalitat of Catalonia, Mr Artur Mas and the Mayoress of Sant Cugat are supporting the promotion of CAR Sant Cugat and the Barcelona candidate city to host the 10th Forum of Elite Sport in 2017, as well as Mr. Ivan Tibau, General Secretary of Sports of the Catalan Government who is submitting this Bid.

The following institutional letters provide the support from the government and sport institutions to host the 10th Forum on Elite Sport.

Mr. Dale Henwood
President
Association of Sport Performance Centres

Dear President,

I would like to present all my support and recognition to CAR Sant Cugat candidacy for hosting the X International Forum on Elite Sport of the ASPC in 2017.

Catalonia has a great sport tradition and has hosted a lot of major sport competitions, including the most important event for the Olympic Family, the celebration of the Olympic Games in Barcelona in 1992, and has achieved the recognition of the international sport community.

To my mind, CAR Sant Cugat as part of the legacy of Barcelona 92 added to the celebration in July 2017 of the First Roller Games Championships in Barcelona and the Mediterranean Games in Tarragona, which will reach all the Mediterranean countries of Europe, Asia and North Africa offers a suitable site to host the ASPC Forum on Elite Sport.

On behalf of the Catalan Government and on my own, we look forward to welcoming in 2017 the members of the ASPC, and give them the opportunity to enjoy our land, our culture, and our sport tradition.

Sincerely,

Artur Mas
President of the Catalan Government



Mercè Conesa i Pagès
Alcaldessa de Sant Cugat

The local government of Sant Cugat del Vallès gives its full support to the CAR Sant Cugat's candidature to organize the Tenth International Forum on Elite Sport.

For our city would be honored to host this event that brings together high performance sports centers around the world.

CAR Sant Cugat is one of the great sporting references in Catalonia and Spain. It was created 27 years ago and it has a long history of successes. CAR Sant Cugat has been the training centre chosen by elite teams and athletes who have won Olympic medals. It is a center of sporting excellence with first class facilities and the highest equipment.

Also, the CAR Sant Cugat has always considered the environment where it is located and has promoted friendship links with institutions and clubs of the city. This is a very positive atmosphere and it's an example of good management of the CAR.

Finally, I would also add that Sant Cugat is a city where sport is experienced with great intensity. In Sant Cugat there is a high level of sport with the presence of nearly 70 sportive clubs.

Moreover, Sant Cugat has also been home to some international sports tournaments such as the Intercontinental Football-7 Cup for people with brain injury and the European Championship of Boccia.

Thus, the local government of Sant Cugat looks very favorably to our city the celebration of the tenth International Forum on Elite Sport.

Mercè Conesa i Pagès
Mayor of Sant Cugat del Vallès

Sant Cugat del Vallès, June, 23th 2015



Mr. Dale Henwood
President

ASPC- Association of Sport Performance Centers
Barcelona
Spain

June 2015

Dear President,

The Futbol Club Barcelona is honored to submit full support and recognition of Barcelona's candidacy for hosting the XI International Forum on Elite Sport of the ASPC – Association of Sport Performance Centers in 2017.

We believe Catalan and Spanish elite sports can greatly profit from the expertise, knowledge and experience of the members of the ASPC viewing the implementation of strategies for top level performance.

We trust and are confident that our vision and mission in the pursuit of developing excellence in sports training will be welcomed by the members of this growing International Association.

Within this context, trusting that this great metropolis gathers both conditions and demands to host this relevant forum, Futbol Club Barcelona keenly looks forward to support and host part of the 2017 XI International Forum on Elite Sport.

Sincerely yours,

Ramon Canal Comaposada
Chief Medical Officer
FC Barcelona

HOST COMMITTEE

Executive Committee

Chief Operation:

Iván Rodríguez Ramallo

Technical Secretary and social Programme:

Montse Garcia, Marta Rubies

Logistics:

Albert Mendoza, Josep Nicolás

Major Events:

Salomé Rubies

Accommodation:

Núria Gimeno

Technical Programme:

Guillermo Pérez, Xavier Balias, Susana Regüela supported by the ASPC Board

Merchandising, layout and graphic design:

Juan Enrique Vallés

Honorary Committee

General Secretary of Sports of the Catalan Government

Mr. Ivan Tibau

Director of CAR Sant Cugat

Mr. Carles Combarros

Mayorress of the city of Sant Cugat

Mrs. Mercè Conesa

Representative of the Barcelona City Council

General Manager of the 2017 Mediterranean Games

Mr. Ramon Cuadrat



VENUES

Auditorium - Capacity for 400 persons and fully equipped. Wheelchairs Area and Translation (Wifi & Media Equipment & Video Streaming)

Hall of Fame - Capacity for 20 persons. Ideal for small groups meetings (Board, committee meetings, workshops). Wifi and Media Equipment.

CAR at the Main Hall - Capacity for 40 persons. Ideal for small groups meetings (Board, committee meetings, workshops). Wifi and Media Equipment.

Forest hall - Capacity for 50 Located in the new multisports building (High Capacity Wifi and Media Equipment)

Recreation room - Capacity for 60 people . This recreation room for the athletes can be adapted for presentations and social activities when needed.

Dining room - Capacity for 400 persons.

Outdoors Terraces: The South Terrace in the multisports building and the outdoors terraces in the main building offer the perfect environment for coffee breaks, cocktails and celebrations such as the Forum opening dinner.

Futbol Club Barcelona venues.



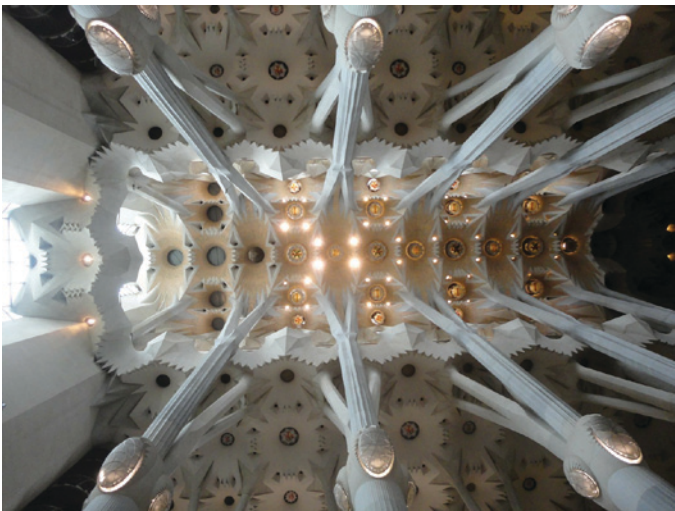
RELATED ACTIVITIES

Visit to the **Futbol Club Barcelona**

Visit **Circuit of Catalonia**

Visit **Olympic venues**

Some social, touristic activities will be offered to the attendants.



ACCOMMODATION

CAR Sant Cugat offers three possible hotels to accommodate the Forum delegates. One of them is located in the heart of the olympic city of Barcelona offering the Forum attendees the opportunity to visit the main sights of the city on their free times, and the other two are in Sant Cugat, close to the High Performance Centre.

*Gallery Hotel 4**

Gallery Hotel is a boutique hotel located in the heart of Barcelona, next to Paseo de Gracia, 3 minutes walking from La Pedrera and to the most exclusive shops of our area.

This 4-star superior hotel of Barcelona, with almost 25 years of experience, offers spacious and bright rooms and very last detail is taken care of to guarantee that you feel at home.

This charming hotel offers a wide selection of gastronomic specialties in the centre of Barcelona where you can enjoy the fine culinary delights in El Café del Gallery restaurant with its pleasant terrace-garden, savour the assortment of tapas in the Bar Gallery Space or choose from our original cocktail menu on our rooftop terrace “The Top”.

Prices in single room 145€ (breakfast included, free wifi)



*AC Sant Cugat 4**

This 4-star hotel is located in Sant Cugat del Valles, in the business area of Sant Joan, the hotel is just 150 metres from the railway station and 30 minutes by train from Plaça Catalunya in central Barcelona. The hotel has 152 rooms, several function rooms for meetings and events, and all the usual services and facilities offered by AC Hotels by Marriott. Enjoy our outdoor pool where you can leave the strains of the day behind and relax by taking a dip, resting or sunbathing. Guests can enjoy the Fitness Centre, wireless Internet throughout the hotel's common areas, and a restaurant, which boasts great cuisine made with market-fresh products

Single room 89€ (breakfast included, free wifi)

Double room 99€ (breakfast included, free wifi)

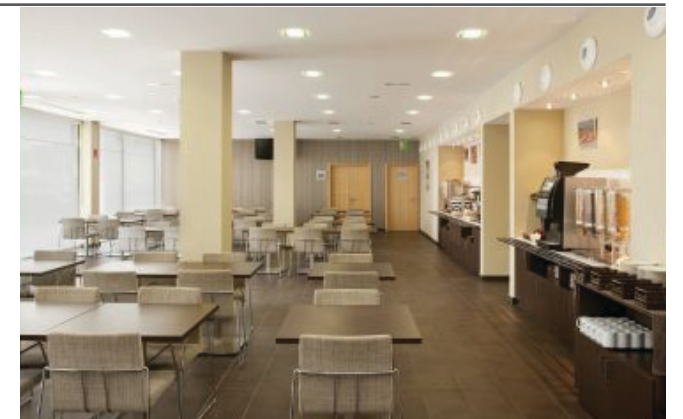


*Holiday Inn Hotel 3**

This stylish hotel is located in the cutting-edge Parc Empresarial Business Park A7, just 20 minutes' drive from Barcelona's city centre and international airport. Check email with wireless Internet in your air-conditioned Guest room and fill up on Spanish dishes at our complimentary breakfast buffet. Holiday Inn Express Barcelona-Sant Cugat is conveniently located near the AP-7 motorway, which connects Spain and France.

Single room 46€ (breakfast included, free wifi)

Double room 56€ (breakfast included, free wifi)



MEALS

CAR will cover the cost of the lunches of the delegates in the centre, the Opening Dinner and the Closing Reception.



LOGISTICS

Shuttle from/to Barcelona airport to/from the Hotel will be provided.

In the case that the Forum reference hotel is the Gallery Hotel in Barcelona, transport from/to the hotel to/from CAR will be provided.

CAR will take care of the airline tickets and lodgement for 8 Bod members.

BUDGET

Transportation	5.000
Meals and Coffe breaks	12.000
Opening Dinner	10.000
Closing Dinner	15.000
Simultaneous interpretation	11.500
Web/streaming	2.500
Promotional gifts	2.000
Comunication (dossiers, web,...)	2.500
Accomodation speakers and Board	5.000
Air tiquets speakers and Board	11.500
Other expenses	3.000

TOAL EXPENSES 80.000

SCHEDULE

July 9 Sunday

Board meeting

July 10 Monday

Arrival of Forum participants

Board meeting

Committee meetings

July 11 Tuesday

Bid presentations Forum 2019

Forum Opening

Official welcome

Key speech

Reception- Opening dinner

July 12 Wednesday

Speech 1

Speech 2

Break

General Assembly part 1

Continental meetings

Lunch

General Assembly part 2

speech 3

Break

Speech 4

Dinner – open/free night

July 13 Thursday

General Assembly part 3

Speech 5

Speech 6

break

Breakout sessions

Lunch

Closing Keynote speech

General Assembly part 4 – awards and conclusion

Gala reception

July 14 Friday

Departure or tours

LEGACY

Forum 2001

The Forum event in Barcelona was on September 11th 2001, a date that changed the world forever. The association began, centered around a single goal: unifying people everywhere to share and work together in order to build a better world through sports..

BARCELONA 92

CAR is a legacy of the games of Barcelona ‘92. The facilities built for the games continue to grow, reaching out to and developing more athletes than ever before. The spirit remains strong and the next generations are reaping the benefits.

TARRAGONA 2017

The Mediterranean games will happen at the time of the Forum. Olympians of the region will attend and athletes preparing for that games could share experiences of their preparation in centres of the ASPC

BARCELONA 2017 World Rollers Games

For the first time ever, the new World Roller Games will take place at the time of the Forum providing the opportunity to enjoy the achievements of a new breed of athletes all while opening our minds to the next generation of young sports to the centres.

TOKYO 2020

The work done with this organization will create a pathway to the next games and how centres are preparing for the next big event, Tokyo 2020.

CAR Lifestyle

CAR Lifestyle will be highlighted in its home environment and will beneficially contribute to the success stories of the next generations to come.

BENEFITS TO ASPC MEMBERS

- The sharing spirit of the Olympic city of Barcelona will open new opportunities to the centres coming from abroad and develop the networking of the region and worldwide.
- 28 years of experience from CAR will be shown in the way the participants will understand the reason why and the way how everybody should learn from the sharing and teamwork strategies.
- To promote membership among countries of North Africa and Europe. Based on the participants of the Mediterranean games we will have the opportunity to invite thru the Olympic Solidarity Program and introduce up to new 20 members from those countries.
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24 countries participate in the games:

AFRICA

Algeria
Egypt
Libya
Morocco
Tunisia

ASIA

Lebanon
Syria

EUROPE

Albania
Andorra
Bosnia and Herzegovina,
Croatia
Cyprus
France
Greece
Italy
Macedonia
Malta
Monaco
Montenegro
San Marino
Serbia
Slovenia
Spain
Turkey

CONTACT

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